Paneer Skewers
RECIPE

Paneer Skewers



TIME	135 mins
INGREDIENTS	7 items
MAKES	2 servings

Paneer is a fresh, unsalted cheese. Skewered with onion and peppers in this dish makes a fast and delicious mid week meal.

INGREDIENTS

- Ben's Original™ Pilau Microwave Rice 220g
- 100g Natural Yoghurt
- 2tbsp Tikka Curry Paste
- 200g Paneer, cut into chunks
- 1 White Onion, cut into chunks
- 1 Red Pepper, cut into chunks
- 1 Lime, quartered

INSTRUCTION

1. Add the tikka paste to a bowl with the yoghurt and a squeeze of lime juice, season and mix well. Place the paneer pieces into the bowl and coat well. Cover and place in

the fridge for at least 2 hours to marinade (the longer the better).
2. Set a grill to high, line a baking tray with foil to collect the juices. If you have a pan with a rack attachment, add on top of the foil. To assemble, slide the paneer onto a metal skewer followed by pepper, paneer and onion. Continue this pattern until the skewer is filled.
3. Place the skewers onto your baking tray and slide under the grill. Cook for 10-15 minutes, turning occasionally so each side of the paneer cubes can char slightly.
4. Heat the Ben's Original™ rice according to pack instructions then top with the paneer skewers. Garnish with a lime piece and enjoy!

NUTRITION

Amount Per Serving

- Calories 633
- Carbohydrates (g) 51.3
- Cholesterol (mg) 1
- Dietary Fiber (g) 4.4
- Energy (kJ) 2648
- Protein (g) 33.5
- Sugars (g) 12.2
- Total Fat (g) 31.7
- Saturated Fat (g) 16.3
- Salt (g) 0.99
- Sodium (mg) 395
- Trans Fat (g) 1.3

Categories:

Pilau, Bake, Food of the World, Vegeterian, 45 MIN +.

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Slow Cooker Chicken Tikka Masala

Cooking time

185 mins

Ingredients

8 items



Tikka Salmon

Cooking time

25 mins

Ingredients

9 items



Cheat's Biriyani

Cooking time

35 mins

Ingredients

11 items

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